



Women's Group Coaching
CLASS ONE WORKBOOK

“Feminine energy is intuitive and receptive. When we are in our empowered feminine, we are open to the guidance of our bodies wisdom. We choose flow versus force. We know when to act and when to slow down. And most importantly, we are connected to our own inner-mother. From this place, we are self-protective and highly discerning with who we allow to penetrate our physical and energetic bodies”

~ Rising Woman

WELCOME TO CLASS ONE

In today's class, we will be exploring your inner feminine and masculine energy. I will be supporting you to more deeply embody, express and trust in your feminine energy and essence.

Many of us as women, have come to rely too heavily on our masculine energy to carry and support us through our lives, and in doing so have disconnected from and suppressed our feminine.

While our inner masculine is an important and pivotal part of the energies within us, and it can be deeply nourishing and grounding for our feminine, many of us have at times felt that our masculine has started to overshadow our feminine, rather than support her.

Much of this has arisen from our experiences growing up through our lives and witnessing key masculine and feminine role models in our life, as well as how these energies within us were nurtured, praised or celebrated as a child.

In today's class, we will be exploring your relationship to both your inner feminine and masculine, so you can see what needs to shift for your feminine to rise, flourish and be embodied in deeper ways, and to get these energies working together,

My intention is to help rediscover the power, beauty and magnificence of your feminine. Your feminine energy is an incredible gift that you have been given as a woman, and it is what makes you the compassionate, kind, generous, sensitive, creative and intuitive woman that you are.

Being in your feminine as a woman is the key to living in your radiance, fullness and wholeness, and experiencing the pleasure, joy and abundance you are deeply worthy of.

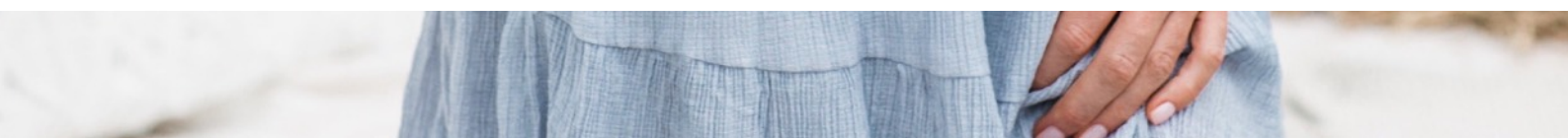
In today's class, my intention is to support you to embrace and embody more of your feminine qualities and see them as strengths and gifts, rather than weaknesses.

Connie x



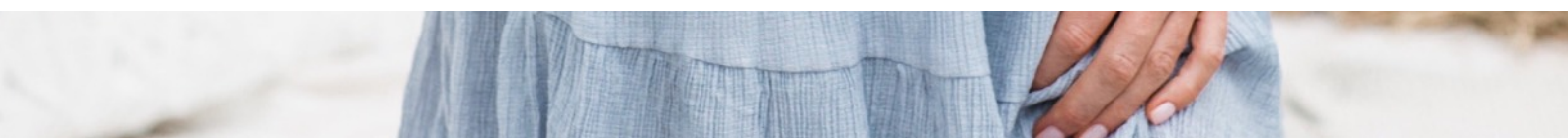
WHO WAS YOUR MAIN MASCULINE ROLE MODEL WHEN YOU WERE GROWING UP? DESCRIBE HIS ENERGY. WHAT DID YOU OBSERVE, EXPERIENCE OR LEARN ABOUT THE MASCULINE?

WHO WAS YOUR MAIN FEMININE ROLE MODEL WHEN YOU WERE GROWING UP? DESCRIBE HER ENERGY. WHAT DID YOU OBSERVE, EXPERIENCE OR LEARN ABOUT THE FEMININE?



WHAT MESSAGES DID YOU RECEIVE AS A CHILD ABOUT YOUR FEMININE AND MASCULINE? FOR EXAMPLE, WERE YOUR EMOTIONS, CREATIVITY, IMAGINATION, SENSITIVITY AND PLAYFULNESS CELEBRATED? OR DID YOU RECEIVE PRAISE AND LOVE THROUGH YOUR RESULTS, ACHIEVEMENTS, ACTIONS, ACADEMICS, SPORTS OR YOUR CONTRIBUTION?

WHAT PARTS OF YOURSELF DID YOU NOT FEEL WERE SEEN, NURTURED, SUPPORTED, CELEBRATED OR LOVED IN THE WAY YOU WERE CRAVING?



TAKE SOME TIME TO REFLECT BELOW ON HOW ALL OF THESE EXPERIENCES HAVE SHAPED HOW YOU FEEL ABOUT YOUR OWN MASCULINE AND FEMININE NOW AS AN ADULT?

IS THERE ANYTHING ABOUT THIS THAT YOU WOULD LIKE TO CHANGE?



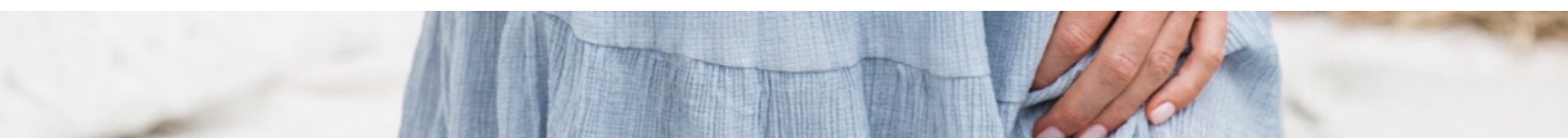
CIRCLE THE WORDS BELOW WHICH BEST DESCRIBE YOUR FEMININE ENERGY, OR WHICH YOU RESONATE AND IDENTIFY WITH THE MOST. TAKE YOUR TIME TO SIT WITH EACH WORD AND NOTICE HOW IT FEELS IN YOUR BODY.

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|---------------|-----------|-------------|---------------|
| COMPASSIONATE | SOFT | EMOTIONAL | FLOWING |
| NURTURING | PLAYFUL | MYSTERIOUS | WISE |
| SURRENDERED | POWERFUL | WARM | SWEET |
| HEART-DRIVEN | WILD | KIND | GODDESS |
| INTUITIVE | CONNECTED | SENSUAL | LUSH |
| MYSTICAL | PLEASURE | OPEN | EXPRESSIVE |
| IMAGINATIVE | TRUSTING | PASSIONATE | MESSY |
| SPIRITUAL | CREATIVE | FIERCE | VULNERABLE |
| UNTAMED | HEALER | SEXUAL | GENTLE |
| PASSIVE | QUEEN | ABUNDANT | GRACEFUL |
| DIVINE | MOTHERLY | STRONG | RECEPTIVE |
| CARING | SERENE | FERTILE | EMPOWERED |
| GENEROUS | EMPATHIC | WORTHY | FREE-SPIRITED |
| CONFIDENT | IMPERFECT | SPONTANEOUS | BEAUTIFUL |



LOOK BACK OVER THE LIST. WHICH QUALITIES TRIGGERED YOU OR WHICH DID YOU FEEL YOURSELF REJECT? WHY?

IDENTIFY 1-3 QUALITIES FROM THE LIST WHICH YOU WANT TO BE ABLE TO EMBODY AND EXPRESS MORE OF:



QUALITY 1:

WHAT DOES THIS QUALITY MEAN TO YOU, AND WHAT WOULD IT LOOK LIKE TO EMBODY AND EXPRESS THIS?

QUALITY 2:

WHAT DOES THIS QUALITY MEAN TO YOU, AND WHAT WOULD IT LOOK LIKE TO EMBODY AND EXPRESS THIS?

QUALITY 3:

WHAT DOES THIS QUALITY MEAN TO YOU, AND WHAT WOULD IT LOOK LIKE TO EMBODY AND EXPRESS THIS?



WHAT IS YOUR FEMININE SELF MOST CRAVING?

WHAT IS YOUR FEMININE SELF ASKING FOR?

HOW IS SHE WANTING YOU TO TRUST IN HER RIGHT NOW?



WHEN WE TALK ABOUT MASCULINE AND FEMININE ENERGY, HERE ARE SOME WAYS THAT YOU CAN THINK OF THEM:

MASCULINE: STRUCTURE, COMMITMENT, THE PLAN, ROUTINE, OUTCOMES, DISCIPLINE, FOCUS, GROUNDING, SPACE HOLDER, LOGIC, SOLID, STABLE, STILL, PENETRATING.

FEMININE: FEELING, FLOW, SOFTNESS, PLEASURE, EMOTION, ENERGY, CREATIVITY, THE PROCESS, MOVEMENT, RECEPTIVE, PLAYFUL, WILD, NURTURING, SURRENDER.

BOTH OF THESE ENERGIES ARE VALUABLE AND SERVE A POWERFUL PURPOSE FOR US AS WOMEN. WE WILL THRIVE WHEN WE HAVE BOTH ENERGIES WORKING TOGETHER, SUPPORTING EACH OTHER AND BEING BALANCED AND IN HARMONY.

HOW WOULD YOU LOVE TO HAVE YOUR INNER MASCULINE AND INNER FEMININE WORKING TOGETHER? HOW CAN YOUR MASCULINE SUPPORT YOUR FEMININE TO THRIVE?



CLASS REFLECTION

WHAT ARE YOUR 1-3 KEY LEARNINGS AND TAKEAWAYS FROM THIS CLASS?

WHAT ARE 1-3 STEPS YOU WANT TO TAKE OR PRACTICES THAT YOU WANT TO IMPLEMENT FROM THIS CLASS?





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